



ORTHOPEDIC SURGERY OF THE FOOT AND ANKLE, PA

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## SKIN & CALLUS CARE

### SKIN CARE

After shower or bath, apply thin layer of petroleum jelly (Vaseline or Lansinoh cream) over entire foot. Wipe off excess. Apply this twice per day (three times if really dry in winter)

### CALLUS CARE

(Use with skin care program)

After shower sand callus with 100 grit or medium grade sandpaper (Emery board works well, too). Key to success is doing it every day. Then apply Vaseline to soften skin.